REGINA metro®

NEWS WORTH SHARING.

STEP INTO A NEW CAREER

Basic Scaffolding
Floor Covering Installer
Steel Studs & Drywall
General Carpentry
Plumbing Industry
Culinary Arts
Welding

306-337-0533
www.rstc.org

REGINA Trades & Skills CENTRE

Tutti Frutti
FROZEN YOGURT
BUY ONE GET ONE FREE

Not so fast, Canadians

Pair jailed for seven weeks in Egypt will be stuck there until the case is closed or they are charged PAGE 5

MENTALLY ILL SHOULD NOT BE FORCED TO THE SHADOWS

MARCH IN PROTEST PAGE 3

I'M THE MASCOT, RIGHT?

Luge racers Tristan Walker, left, and Sam Edney meet with Zena, a two-year-old heifer, at a cattle ranch near Okotoks, Alta., on Monday. The Canadian national team lost the title sponsor they'd recruited with their first For Sale campaign in 2009. Then, less than a week after they slapped For Sale stickers back on their helmets, rancher Mark Barnert donated a cow's worth of beef. Full story, page 6. JEFF MCINTOSH/THE CANADIAN PRESS

NDP pins med school trouble on province

On probation. Minister says province working with College of Medicine to correct series of issues

MORGAN MODJESKI
Metro in Saskatoon

Saskatchewan's medical school has been put on probation, and the provincial New Democratic Party says the government of Premier Brad Wall is to blame.

After it was confirmed the Committee on Accreditation of Canadian Medical Schools had placed the University of Saskatchewan's College of Medicine on "accreditation with probation," the provincial NDP came out swinging.

The NDP charged on Monday that the Saskatchewan Party government has had two years to address the accreditation shortfalls. And post-secondary education critic Warren McCall said a failure to do so is evidence of a lack of involvement in Saskatchewan's higher learning.

"Despite being warned in 2011 of the problems at the medical school ... this government allowed the province's only medical school to be put on probation," McCall said in a release.

However, Advanced Education Minister Rob Norris said the probation has little to do with the Saskatchewan government. He added that it's "a little disappointing" that the NDP is pointing fingers.

In a letter to Norris, U of S president Ilene Busch-Vishniac has explained that while she is concerned about the accreditation status, the issue goes beyond funding.

"We are convinced that the larger issues are structural and cannot be resolved with money alone," Busch-Vishniac says in the letter.

Though the college remains fully accredited, the U of S says a plan for dealing with accreditation standards has been developed and will be discussed by the university council later this month.

Blame game

"This government can't be trusted to manage the details."

NDP post-secondary education critic Warren McCall, in a release

LASIK NOW, PAY IN 2015.

Begin a new journey without the hassles of glasses and contacts.

LASIK MD VISION

Starting at $490 per eye*

Book a free consultation at 1-855-785-2020 or lasikmd.com

0 Interest Payments Down Until 2015†

*Subject to Desjardins Card Services credit approval. To be eligible, patients must complete the Custom LASIK procedure on both eyes by January 31, 2014. Cannot be combined with any other offer. †Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Funny • Classic • Scary • Sexy

Brand New & Thrifty Costumes

ValueVillage

Your Halloween Destination!

Value Village has amazing low prices on brand new sought-after costumes, new makeup and accessories plus thrifty pre-loved costumes too! Find retro and vintage clothing, formal wear, home décor and more!

Perfect for creating a one-of-a-kind costume or DIY Halloween project!

Need help? Our spirited Costume Consultants are always ready to offer advice!

#thriftortreat

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

False alarm

'Suspicious item' deemed not so suspicious

Regina police say what had been considered a "suspicious item" discovered on Monday in the city's northeast industrial area was a harmless "paintball projectile."

Officers responded to the 500 block of Henderson Drive for a report of a suspicious object that a caller said resembled a grenade.

After arriving, police advised nearby businesses to have their employees remain indoors. By 10:25 a.m., though, they determined what the item was and gave the all-clear.

THE CANADIAN PRESS/CJME/CKOM

Garage fire

Youths charged with arson

Five boys are facing arson and weapon charges after allegedly setting a garage on fire in Regina and pointing a gun at the home's owner. The incident took place on Sunday at approximately 7:50 p.m. on the 1900 block of York Street. The boys — all between 12 and 17 years old — have been charged with arson with disregard for human life. METRO

Young girl's death

Manslaughter case heads to court

A Regina couple appeared in court on Monday to face charges of manslaughter in the death of a young girl in their care. Kevin and Tammy Goforth began a preliminary hearing in the case of the death of four-year-old June, who died in August 2012 after being placed with them by family services. METRO

Wanda Valade, right, and Bob Hughes, centre, hold signs at the rally for people with mental illnesses on Monday at the legislative grounds. ROSS ROMANIUK/METRO

Rallying past stigma of mental illness

Solidarity. Dozens come out in Regina to support those facing psychiatric disorders

ROSS ROMANIUK
ross.romaniuk@metronews.ca

They're seeking more acceptance, employment options and mostly just respect.

Dozens of people with mental-health concerns and their supporters rallied on Monday in an effort to draw attention to their daily battles to erase a social stigma surrounding their illnesses.

"The stigma is a serious issue. We're trying to do our part to overcome that, and to get this more into the open," Bob Hughes, an employee of the Regina office of the Canadian Mental Health Association (CMHA), told Metro at the Saskatchewan legislative grounds at the end of the group's march from downtown.

About 40 people — most of them carrying signs bearing phrases such as "No more living in the shadows" and "Give support, not stigma" — began their procession at the CMHA office on 12th Avenue and made their way south on Albert Street to the front of the Legislative Building.

Wanda Valade, who at age 52 has dealt with a schizophrenia diagnosis more than half her life, lauded the CMHA for its work in assisting people like her. She stressed, however, that overly negative public perceptions toward the mentally ill are a continuing challenge.

"We're all in this together," her sign stated.

Hughes, whose deceased brother had battled schizophrenia, explained that "prejudices" against the mentally ill extend further than many might realize.

"People are excluded socially. And employment is a very difficult problem," he said of what he's seen in the CMHA clients' experiences.

"There's basically no need for that. I see fantastic skills and abilities in people struggling under mental illness."

Quoted

"I see fantastic skills and abilities in people struggling under mental illness."

Bob Hughes, Canadian Mental Health Association

Saskatchewan man charged following fatal house fire

RCMP have charged a man with arson in the house fire last month in northeastern Saskatchewan that killed a 10-year-old girl.

The girl's grandparents managed to escape the flames that destroyed the house Sept. 24 in the remote community of Pelican Narrows.

Police identified the dead girl as Denasia Highway.

Darryl Craig Sewap also faces a charge of criminal negligence causing death.

The 19-year-old appeared in Prince Albert provincial court Friday on the charges.

He is being held in custody pending his next court date Tuesday in Pelican Narrows.

THE CANADIAN PRESS/CKBI

The remains of the house
COURTESY RCMP

Trial. Saskatoon man accused of killing wife still has no lawyer

Tentative trial dates have been set for a Saskatoon man accused of murdering his wife.

But first, David Woods must apply for a court-appointed lawyer.

He told a Court of Queen's Bench judge in Saskatoon on Monday that his options for getting a private lawyer had run out.

Court heard Woods has no income and that potential assets — namely his house — were not practically available.

If he secures court-appointed counsel by Oct. 21, the four-week murder trial will begin April 28, 2014.

THE CANADIAN PRESS/CJME/CKOM

Royal wedding watch

Prince Harry set to marry?

Is the last unattached royal Brit about to go off the market? Prince Harry, William's younger brother and fourth in line for the British throne, is said to be close to proposing to his girlfriend, Cressida Bonas. "Harry never stops talking about marriage and children, and she has now got used to the idea," a friend of Bonas's tells the Telegraph newspaper. "The wedding is likely to take place next year." MELINDA TAUB/MWN

Fox News

Anchor apologizes for saying Obama funded Muslim museum

Fox News anchor Anna Kooiman has apologized for falsely saying that U.S. President Barack Obama had offered to pay for the operation of a museum of Muslim culture "out of his own pocket" during the government shutdown.

Kooiman didn't cite a source, but a satirical news site called National Report had posted a similar story. THE ASSOCIATED PRESS

France

Sarkozy cleared in donations case

Former French President Nicolas Sarkozy was cleared Monday of allegations that he illegally took donations from France's richest woman on the way to his 2007 election victory, his lawyer and an official said. THE ASSOCIATED PRESS

Anti-Korean group told to pay for 'hate speech'

Japan. Court orders $120,000 in compensation paid to school after classes disturbed by rallies that frightened children

Anti-Korean rallies in Japan have escalated this year in cities with Korean communities. In Tokyo's Shin-Okubo district, dotted with Korean restaurants and shops popular among South Korean pop-culture fans, hundreds of Zaitokukai members and supporters have called Koreans "cockroaches," shouted, "kill Koreans" and threatened to "throw them into the sea." SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS FILE

A Japanese court on Monday ordered a group of anti-Korean activists to pay a Korean school in Kyoto 12 million yen ($120,000 US) in compensation for disturbing classes and scaring children by holding "hate speech" rallies outside the school.

The ruling acknowledged for the first time the explicit insults used in the rallies constituted racial discrimination, said human-rights experts, lawmakers and others calling for restrictions on hate speech. They said the ruling could prompt a move to exempt such speech from Japan's constitutional right to free speech.

Though attendance at such rallies has been limited to a few hundred people at most and they are far from becoming mainstream, similar demonstrations of nationalists targeting ethnic Koreans and other minorities have escalated since earlier this year, amid Japan's chilly diplomatic relations with its Asian neighbours. THE ASSOCIATED PRESS

Somalia. Target of SEAL attack planned to strike UN's Kenya HQ: Report

The man U.S. Navy SEALs tried to take down in Somalia over the weekend was a Kenyan who had plotted to attack his country's parliament building and the UN headquarters in Nairobi, according to a Kenyan intelligence report.

The pre-dawn, seaside raid Saturday targeted Abdulkadir Mohamed Abdulkadir — also known as Ikrima — a U.S. official said. The U.S. troops are not believed to have captured or killed their target.

In the internal report by Kenya's National Intelligence Service, Abdulkadir is listed as the lead planner of a plot sanctioned by al-Qaida's core leadership in Pakistan to carry out multiple attacks in Kenya in late 2011 and early 2012. Those attacks, linked to the Somali Islamic extremist group al-Shabab, were reportedly disrupted.

The report, leaked to media in the wake of the Sept. 21 attack on Nairobi's Westgate Mall, also warns of "Mumbai-style attacks," referring to the assaults in Mumbai, India in 2008 in which operatives stormed several locations with guns and grenades. THE ASSOCIATED PRESS

The White Widow

- The report lists Samantha Lewthwaite — a Briton known in U.K. media as "The White Widow" — as one of several "key actors" in the plot to attack Parliament buildings, the UN office in Nairobi, Kenyan Defence Forces camps and other targets.
- The plotters also intended to assassinate top Kenyan political and security officials, the report said.

Samantha Lewthwaite, a.k.a. "The White Widow" CONTRIBUTED

Mexico. Organizers, driver of monster truck blamed for fatal disaster

Quoted

"There is no excuse for why the spectators were situated as they were, period."

Marty Garza, spokesman for the Monster Truck Racing Association

Mexican government officials and event organizers on Monday blamed the driver of a monster truck for losing control and plowing into a crowd of spectators, killing eight and injuring dozens. Motor-sports experts pointed to the organizers, saying the setup of the state-sponsored show was blatantly deficient and life-threatening.

Organizers of the Extreme Aeroshow said that hundreds of families had gathered without permission in what was supposed to be the pit area of the makeshift arena in a park in the capital of the state of Chihuahua. One organizer said the spectators weren't moved because "crowd management is very difficult."

The pit area was unprotected by any barrier and sat feet from where the monster truck known as "Big Show" was crushing a pair of old cars, leaping into the air and rolling over their hoods and roofs. Video of the accident shows the truck coming down hard off the second car, bouncing, then speeding into the crowd.

It was the second disaster in less than a month to focus attention on Mexico's patchy and loosely enforced system of consumer safety. Experts widely blamed much of the billions of dollars' worth of damage from Tropical Storm Manuel and Hurricane Ingrid, which killed 157 people and displaced thousands, on the government's failure to prevent home construction in floodplains and enforce building standards for highways and bridges.

Chihuahua state Gov. Cesar Duarte and organizers of the weekend event tried to pin responsibility for the truck accident on the driver, saying he should only have driven in one direction over the cars, away from the pit area.

"He turned and came back in the wrong direction, came back to do a jump, and that's unfortunately where this accident happened," Duarte told Milenio Television Monday morning. THE ASSOCIATED PRESS

Argentina. President to have surgery to remove blood clot from brain

Argentina's president will undergo surgery Tuesday to remove blood between her brain and skull that has been causing new and worrying symptoms, physicians said.

The president's doctors said they had ordered President Cristina Fernandez on Saturday to rest for a month after discovering the subdural hematoma — a clot inside her skull pressuring her brain and causing headaches. In some patients, such blood clots reabsorb by themselves over time.

But the situation became more urgent after Fernandez felt a weakness and numbness in her upper left arm Sunday evening, according to doctors at the Fundacion Favaloro, one of Argentina's top cardiology hospitals.

"Facing these symptoms, the team decided on surgical intervention," the hospital's doctors said in a statement Monday.

The surgery involves drilling small holes through the skull to remove old blood. THE ASSOCIATED PRESS

Argentina's President Cristina Fernandez arrives at a local hospital in Buenos Aires Monday. PABLO MOLINA/DYN/THE ASSOCIATED PRESS

Even beautiful Bali cannot distract Harper from worries over upcoming leaders' summit

Prime Minister Stephen Harper has used the platform of one international leaders' summit in Bali Monday to fire a torpedo into the hull of another. Harper stepped to the sidelines of the Asia-Pacific Economic Cooperation gathering on this idyllic Indonesian tourist island to formally confirm he'll boycott next month's Commonwealth summit in Sri Lanka. He threatened that Canada could cut the purse strings to the 64-year-old Commonwealth organization due to ongoing human rights abuses by the host Sri Lankan government. Canada contributes about $20 million annually to various Commonwealth initiatives. SEAN KILPATRICK/THE CANADIAN PRESS

Canadians not free to leave Egypt as case remains open

Not out of the woods yet. They had spent seven weeks behind bars without charge

Egyptians wait for the bus on a bridge in Cairo, Egypt, Monday. Canadians John Greyson and Tarek Loubani are currently recuperating in a Cairo hotel, according to relatives. HASSAN AMMAR/THE ASSOCIATED PRESS

Canadians John Greyson and Tarek Loubani are still under investigation in Egypt after their abrupt release early Sunday, and will be prevented from leaving the country until they are charged or the case closed, the Egyptian foreign ministry told Torstar Monday.

"The case is in the hands of the prosecutor-general's office, who have full independence," said Badr Abdelatty, a spokesperson for the ministry.

The two men were detained Aug. 16 at the height of violent clashes between Egyptian security forces and supporters of ousted president Mohammed Morsi. They were on a stopover on their way to Gaza, where Loubani, a London, Ont., emergency room doctor, was to teach medical students, which Toronto filmmaker Greyson planned to film.

In spite of the men's sudden release, and expectations that they would be home soon, Abdelatty said the case was "ongoing" and it is "usual that they remain in the country until (it) is resolved. No one with a pending case against them is allowed to leave the country."

They had spent seven weeks behind bars without charge, and last week the detention period was extended by 45 days, until mid-November. That period allows the prosecutor to gather evidence for possible charges against them. TORSTAR NEWS SERVICE

YOUR UNIVERSITY
CAMPION COLLEGE
Realize. We are greater together.
The University of Regina's most important academic relationships are those with its federated colleges – Campion College, Luther College and First Nations University of Canada.
Our partner since 1966, Campion College, a Jesuit institution, specializes in a liberal arts education dedicated to the development of the whole person—intellectually, spiritually, socially—for service within society. Campion College unites academic excellence with service to others, particularly the marginalized and vulnerable.
The University of Regina shares much more than just a campus with our federated partners. We share tradition.
In the decades since we signed our federation agreements, thousands of students, faculty and staff have learned, taught and worked In an environment that celebrates the uniqueness of each institution while recognizing that we truly are greater together.
THE BEST OF BOTH WORLDS
Federated college students are also U of R students, with access to all of the programs and services the University has to offer (and then some) from a smaller home base.
University of Regina
www.uregina.ca

Cool quotient. Trendy e-cigarettes could hook youth on nicotine: Journal

A leading Canadian medical journal is raising concerns that electronic cigarettes could hook a new generation into nicotine addiction.

With fruit-flavoured products and movie star endorsements, e-cigarettes could lure youth who wouldn't otherwise smoke into a nicotine habit, an editorial in this week's issue of the Canadian Medical Association Journal suggests.

The editorial was written by Dr. Matthew Stanbrook, a Toronto-based respirologist and an editor at the journal.

He said it may be tempting for society to embrace e-cigarettes based on the assumption that they help some people to quit smoking.

Electronic cigarettes are small cigarette-shaped canisters that are used to simulate the sensation of smoking. Batteries in the canisters heat up fluid-filled cartridges that then give off a vapour, which from a distance resembles smoke.

Some of the cartridges are filled with flavoured liquids, for example cherry or menthol. Others contain nicotine, though those are not meant to be sold in Canada.

A medical journal editorial raises concerns youth may be attracted to trendy e-cigarettes. THE ASSOCIATED PRESS

Stanbrook acknowledged that e-cigarettes probably do help some people quit smoking. But he worries that — unlike nicotine patches or gum — the devices have a cool quotient that could appeal to youth and spur them to start consuming nicotine.

"The gum isn't cool for youth to use in clubs. No one's going to make that sexy. No one's going to make sticking a nicotine patch on sexy and trendy. But here's something that looks to a casual observer exactly like smoking, can be made trendy, can be expanded to people who never smoked."

THE CANADIAN PRESS

A head scratcher. Pink penalty flags at NFL games lead to mass confusion

The NFL won't use the pink penalty flags beyond Monday night's Jets-Falcons game.

The pink flags were part of the NFL's "A Crucial Catch" campaign in support of breast cancer awareness. Coupled with the players' pink equipment, especially their gloves and towels, the pink flags caused confusion among broadcasters, fans, players and coaches Sunday.

The league hadn't specified whether the pink penalty flags would be used through Week 7 like the rest of the breast cancer initiative, "but the experience this weekend solidified that it would be for one week only," NFL spokesman Michael Signora said.

Other elements of the campaign will remain, ranging from pink cleats to coins to caps until Oct. 21.

THE ASSOCIATED PRESS

A crucial mistake

"At times I didn't know if flags were thrown or not just because a lot of guys were wearing pink towels."

Broncos safety David Bruton, who kept thinking there were more penalties than the 10 that were called in Denver's 51-48 win at Dallas.

Market Minute

DOLLAR
96.96¢ US
(-0.20¢)

TSX
12,788.25 (+ 29.6)

OIL
$103.03 US (-0. 81¢)

GOLD
$1,325.10 US (+$15.20)

Natural gas: $3.63 US (+ 0.3¢)
Dow Jones: 14,936.24 (-136.34)

Luge racer Justin Snith meets with Zena, a two-year-old heifer, at a cattle ranch near Okotoks, Alta., Monday. Don't fret for Zena though, she will not end up on the lugers' dinner plates because she's used for breeding purposes and the team already have a portion of their donation in their freezers. JEFF MCINTOSH/THE CANADIAN PRESS

Luge team beefs up with free cow

Where's the beef? In this case 100 pounds of it is in the national team's freezers after an Alberta rancher donated a cow to the athletes

Quoted

"It's not a huge leap, especially for a province known for their beef, so hoping other ranchers and people in the cattle industry will step up and realize that there are unique ways to give back."

Slider Alex Gough, noting Alberta is cattle country and with the six sliders from the Calgary area, it's not an unusual partnership.

The first to respond to the Canadian luge team's call for financial help provided grocery-bill relief with a lot of beef.

Less than a week after the lugers slapped "For Sale" stickers on their helmets, they wore race suits and cowboy boots to a cookout in the Alberta foothills southwest of Calgary on Monday.

Cattle rancher Mark Barnert donated a cow from his Pin to Point Gelbvieh farm to six members of the national team.

"They straight up gave us beef," slider Alex Gough said. "We got a cow we split six ways."

"It was nearly 100 pounds of beef. My freezer is full. That'll keep me going for all the beef I eat for at least the rest of this year and probably into next spring."

Barnert runs a construction company and a small herd of about 40 cattle. He estimates his grass-fed beef would sell for about $3 per pound in the grocery store. While not certified organic, Barnert says he doesn't inject his animals with hormones.

"We've given them a whole cow so they have some extra meat and some extra protein," Barnert said.

Gough, Arianne Jones, Kimberly McCrae, Sam Edney and the men's doubles team of Justin Snith and Tristan Walker posed for pictures Monday with Cassidy's cow Zena, who obligingly stood still when a sliding helmet was placed on her back. THE CANADIAN PRESS

Chichi makeover: Birks becomes Maison Birks

Moving from Paris to Montreal would be a culture shock for many, but not for Jean-Christophe Bédos and his family.

"My children speak English at home, and they already see themselves as Canadians," the bilingual father of four and CEO of the newly named Maison Birks jewelry empire says in an interview.

The transition on the home front is nothing compared to the big changes taking place lately at the Montreal-based luxury icon, which Bédos took over nearly two years ago.

For starters, the Moroccan-born Frenchman has tweaked the name that has been a fixture in Canada for 135 years to Maison Birks to give it the caché of other elegant retailers like Chanel and Dior, which also use Maison in their names (literally meaning "the house of").

"It's a signature of where we're from," he says, noting the addition of French mixed with the Birks English family name.

The new logo is a diamond shape to signify the jeweller's expertise in that business along with the Maison Birks name and the year the company was founded, 1879, inside.

The storied company that has remained in Canada over a century (it also owns 20 Mayors jewelry stores in the U.S.) wants to create an international buzz with a big push into China, where diamonds are in high demand in the growing economy. TORSTAR NEWS SERVICE

COROLLA

Like you've never seen it before.

The all-new 2014 Corolla LE ECO looks great from the inside and out. Its technologically advanced 1.8 litre VALVEMATIC engine with CVTi-S transmission, aerodynamic underbody covers and stabilizing fins, have made it the most fuel efficient gasoline powered compact sedan in Canada*, with a combined fuel consumption rating of 5.7L/100km (50 mpg)**. And you get it all with features like a 6.1" Touchscreen Display Audio System with Bluetooth®, Voice Recognition, USB Audio Input and Backup Camera all wrapped up in a sleek, expressive new design. Once you're able to believe your eyes, visit toyota.ca for details.

LE Eco

Corolla LE ECO shown.

**2014 Corolla LE ECO base model comparisons are with respect to all other gasoline powered models in the class for sale in Canada, excluding hybrids.*

***Fuel efficiency estimates were determined using approved Government of Canada test methods. Actual fuel consumption will vary based on driving habits and other factors.*

TOYOTA

toyota.ca

WILL YOU SPLIT THE COST WITH ME?

SHE SAYS

Jessica Napier
metronews.ca

Asking your bride-to-be to cough up some cash for her own engagement ring might seem like an indecent proposal, but what if she offers to help pay for the rock? A recent survey conducted by wedding planning website The Knot reveals that more and more heterosexual couples are splitting the cost of the engagement ring. Forty-six per cent of women who responded to the poll indicated that they would be willing to contribute their own money to make sure they wind up with the diamond of their dreams.

I have mixed feelings on this new trend. On the one hand, why shouldn't a woman offer to chip in to help cover the cost of the ring? If she earns big bucks and has a preference for flashy jewelry then it makes sense for her to invest in something she truly wants.

Going Dutch on an engagement ring acknowledges the modern reality of joint bank accounts and merged finances. Cohabitation before marriage is now the norm and splitting domestic expenses is usually part of the arrangement, so sharing the cost on this piece of marital hardware is a practical financial decision.

However, an engagement ring isn't just a cable bill or a furnace that needs replacing. It should be a symbol of love and commitment, not just another item on your monthly household budget sheet. Picking out a ring prior to the proposal and dividing the price tag between two Visa cards kind of takes away the romantic element of surprise. If an engagement ring is a gift from your future spouse, surely the sentiment is more important than the size of the rock?

For better or worse, most North American couples have bought into the wedding industry complex, which dictates that diamonds are an essential part of the courtship ritual. But increasingly it seems that the ring itself — the cut, the colour, the sparkle — has become centre stage in the engagement process.

After announcing news of a proposal, women are accosted by friends and family who can barely get out a hurried, "Congratulations," before demanding to see the ring. Every weekend social media is flooded, not with images of smiling couples, but with close-up, iPhone snapshots of left hands adorned with recently acquired diamonds.

So is this trend towards cost-sharing really about equality, or is it an indication that our obsession with bridal bling has become too much for one paycheque to bear?

At the end of the day, we shouldn't really judge one another or comment on how others choose to spend their money. If you fancy a blinged-out sparkler then go ahead and invest in a nice rock together, but remember that the price of the ring doesn't signify the level of commitment. You can't measure love in carats.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Folk girl is larger than life

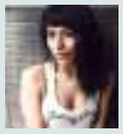
COURTESY NATALIA RAK

No, she didn't fall down a rabbit hole

These days, in the Polish city of Bialystok you can seemingly spot a giant girl watering a chestnut tree.

This massive five-storey mural of a girl with a watering can wearing a traditional folk outfit was painted by graphic designer Natalia Rak. The work was made as part of the city's Folk on the Street art festival. METRO

Artist's comments



"At first, the festival organizers wanted to cut down the tree to make room for the mural. But when I showed them my idea, they didn't need to."

Natalia Rak, 27, graphic designer

Timeline

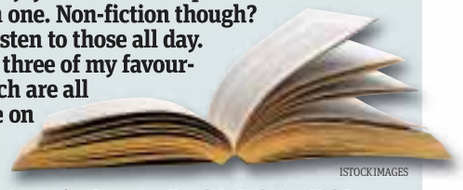
4

It took Rak four hours to make the sketch of the girl. The 27-year-old from Lodz, Poland, used a cherry picker to reach the higher sections of Bialystok's Institute of Chemistry building.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

I was slow to come around to audiobooks because early recommendations to me were all fiction, which for whatever reason I couldn't — and still can't — enjoy as an audio experience rather than a written one. Non-fiction though? I could listen to those all day. Here are three of my favourites, which are all available on Audible.



ISTOCK IMAGES

Shadow Divers (Robert Kurson):

When a group of divers set out in 1991 to solve the mystery of an unknown object on the sea floor off the New Jersey coast, they instead find a deeper riddle in the form of what should be an impossibility: A Second World War U-boat that both the German and American governments denied existed. The discovery kicks off a seven-year quest aimed at unravelling the history of "U-Who," a quest that winds through bitter disputes, imploding relationships and family tragedy.

Tearing Down The Wall of Sound (Mick Brown):

Phil Spector's Wall of Sound production technique remains one of the most stunning rackets you'll ever hear, 50 years after the release of classic girl group gems like Then He Kissed Me. By the time Mick Brown began working on this biography, Spector had become a recluse with a very dark reputation — and this was before actress Lana Clarkson was shot dead in the producer's home and true-crime seeped into the story of a music legend.

Tokyo Vice (Jake Adelstein):

A 19-year-old from the U.S. Midwest arrives in Japan to study literature, taking up residence in a Buddhist temple. After launching a career as the first non-Japanese reporter at one of the country's most prestigious newspapers, Adelstein soon finds himself working the crime beat in Tokyo's sleazy and tragically bleak underworld — eventually coming up against one of the yakuza's most fearsome bosses.

Comments

RE: Annie Lennox Slams Music Industry's 'Highly Styled Pornography,' published Oct. 6

Annie is so correct. The videos are such a bad influence on young people ... would be rapists included.

I don't understand why these performers have to resort to this "highly styled pornography" other than to draw more attention to themselves due to low self esteem or to make more money.

Unfortunately, it seems to be working.

scooter posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

DVD review

After Earth

Director. M. Night Shyamalan

Stars. Jaden Smith, David Denman, Will Smith

●●○○○

After Earth is so staggeringly ill-conceived, you almost have to admire the moxie of everyone involved with it. First you have a major studio (Sony), rolling the dice on a sci-fi blockbuster by an auteur director (M. Night Shyamalan), whose previous attempts at popcorn thrills (The Last Airbender, The Happening) were greeted with raspberries. Then you take your marquee star (Will Smith), add 10 pounds and remove all charisma, while benching him for most of the movie. The burden of the picture falls upon the star's 14-year-old son (Jaden Smith), who simply can't emote within the CGI-heavy environment of the dangerous post-Apocalypse planet he's playing hero in. Jaden is told by an older fighter that he's "not ready" for prime time, because he has a tendency to fade in the field — a comment that indirectly serves as criticism of the kid's underachieving acting. The end result is a movie that should have been called Death Wish, had that title not already been nabbed long ago. And the only value in watching it is to see an expensive disaster slowly unfold.

PETER HOWELL

Sara Canning and Ryan Kwanten star in The Right Kind of Wrong. CONTRIBUTED

A story of love in the time of camera phones

The Right Kind of Wrong. After being skewered on the Internet, rom-com's hero is not your typical knight in shining armour

Stop us if you've heard this one before: The Right Kind of Wrong isn't typical rom-com fare.

"And I need to use the word 'quirky' too, right?" said Sara Canning in an interview. "Because everyone says 'quirky romantic comedy.'"

Canning, 26, plays Colette, the target of the affections of despondent dishwasher/writer Leo (portrayed by True Blood star Ryan Kwanten), whose reputation is left in tatters by his ex-wife's hyper-popular blog Why You Suck.

Leo falls in love with Colette on the very day she's set to marry an athlete humanitarian. What follows is a single-minded, nearly stalkerish, sometimes painful quest to make her love him, turning the lovable male knight trope — and the idea of the weak-willed woman — on its head.

"It's not the traditional way that he takes, but he works his way in there," said Canning. "And I don't think it's just about her falling in love with him, I think it's her realizing a lot about what she's settled on and what she's shelved in her life under some idea of what marriage is."

Kwanten said he relished the chance to play a character who isn't necessarily likable on screen, but who wins over the girl — and the audience.

"Leo is flawlessly flawed in a way. ... This was a character I've never seen in film before, and it was a great challenge, sinking my teeth into this guy who's so self-centred, obnoxious, sort of a professional dreamer. And to step into his shoes like that, it almost made me realize that in a weird way, we all kind of dream to be like that, but because of societal conventions, we're predisposed to not being like that," said the 36-year-old actor.

"Growing up, I was always sort of the shy kid. I was always the fool standing in the corner at a dance party wanting to dance but being too caught up in my own little world, so worried about what everyone else is thinking, to get down and have a bit of a boogie. These days, you hit your mid-20s, your late-20s, you think, 'What do I have to lose? Life's getting away from me and I'm not doing the things that I really want to do,' and this guy does everything he wants to do."

The Right Kind of Wrong hits theatres on Oct. 11.

THE CANADIAN PRESS

Adaptation

The film is adapted from the 1987 novel Sex and Sunsets, which was released well before the Internet's prime. The story in its current form is very much a product of this mobile-device moment, where Kwanten says we are "losing our ability to listen or to be romantic."

Dahong Investments Group Inc.
Office: 306-992-3255
Fax: 306-993-1939
107Albert St., Regina, SK Canada S4R 3B8
Doors • Security Cams • Electrical
Windows • Showers • Cabinets
Bidets • Counter Tops
Call for a FREE estimate
URGENTLY HIRING – Dahong Investments currently has full time openings for the following positions:
– 8 Roofers $20/hr
– 8 Painters $18/hr
– 6 Carpenters $22/hr
– 6 Floor Installers $20/hr.
– 6 Drywall Installers $22/hr
All permanent 40hr/week, WCB included.
Must have 3+ yrs exp. Resumés to info@dahong.ca

PUMPKIN HOLLOW
Corn Maze & Fall Festival
Come on out and visit Saskatchewan's Premier Corn Maze, Family Farm & Fall Festival Destination.
Experience 15 Acres of A-maze-ing Fun!
With over 15 attractions there's something for everyone to enjoy at Pumpkin Hollow. Enjoy old favourites plus awesome new attractions, including the Jumping Pillow and Hay Bale Slide.
CALL TODAY TO BOOK YOUR:
Birthday Parties, Field Trips & Group Events
For tickets and our complete Special Events Calendar visit us on the web:
www.pumpkinhollow.ca
or call the Pumpkin Hollow Hotline at
306-731-1479
This autumn, treat your family to the best Fall Experience in Saskatchewan!

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus. ALL PHOTOS GETTY IMAGES

Miley will continue to lure us in with her Cyrus song

Despite earning good reviews for her recent stint hosting Saturday Night Live, Miley Cyrus insists she's no longer an actress.

"I thought after (Hannah Montana) I was going to act," Cyrus says during MTV's Miley: the Movement special.

"I did one movie and I came back and said, 'I'm never doing that again. I'm going to do music for the rest of my life.'"

That movie, So Undercover, was delayed for two years before finally being released direct-to-video earlier this year, though she did have success in movie theaters with Bolt and the Last Song before Hannah Montana ended its run. "I'm starting as a new artist," she says of her work now. "That's how I think of it."

Lindsay Lohan

She's once, twice, six times an expert: Lindsay's tough lessons turn her to teaching?

Having been checked into rehab six times herself, Lindsay Lohan is something of an expert when it comes to recovery. Or at least that appears to be the thinking behind her latest idea for a career move. The troubled starlet is reportedly looking into opening her own rehab centre and naming it after herself, according to Radar Online. "Lindsay is telling friends that she knows what works and doesn't when it comes to treatment. She feels that she is in the right frame of mind now to give advice to other young people who have their own problems," a source says. "She loves the idea and really believes that if her name is attached to it, it will help draw attention to sobriety."

The Word

Jai gets jilted: A D-list love triangle plays out on Twitter

MELINDA TAUB
Metro World News

Do you ever wish pop culture would just freeze where it is? No new famous people admitted, we're at capacity? I feel like every time I turn around there's a new crop of pop star types, singing and courting and calling each other out on Twitter, and it's getting hard to track.

Ariana Grande's ex Jai Brooks posted a long rant on Twitter accusing her of cheating on him when she began her relationship with Nathan Sykes. Apparently all three of these people are famous. OK, OK, I know who Ariana Grande is, and Nathan Sykes is in the Wanted, but for the life of me I can't figure out how I'm meant to have heard of this Jai person.

Anyway, Jai is very sad right now, because Ariana not only dumped him for Nathan — she also cheated on him, he claimed. "Yes I was cheated on. Yes it does suck," he wrote on Twitter.

"Nathan may be a top bloke or a sweet person, but what he did was just completely wrong. He interfered with my life and did not respect my relationship, his actions caused me to not be able to sleep at night and not see the world as a beautiful place. Nathan if you read this, when you hold her hand you better hold it tight because you are holding my world."

Aw, poor kid. Who knows what really went down, but he really does sound heartbroken. I am Team Jay. Sorry, I mean Team Jai.

Scarlett Johansson

Sexy Scarlett knows her title Don come easy

Scarlett Johansson is officially very attractive. Esquire magazine has dubbed the Don Jon star the Sexiest Woman Alive once again, making her the first woman to have the honour of earning the title twice. She was also named Sexiest Woman Alive by the magazine seven years ago. And Johansson doesn't plan on wasting this opportunity. "I'm the only woman to win twice, right? You know, I've got to hustle," she tells the magazine. "I'm a 28-year-old woman in the movie business, right? Pretty soon the roles you're offered all become mothers. Then they just sort of stop."

Charlize Theron

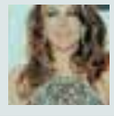
A pain in the neck won't stop this Snow White star

Charlize Theron is going to be rocking some scarves for a bit after finally undergoing surgery for a neck injury she suffered several years ago, according to Us Weekly. "Charlize got injured on a set and broke a vertebrae years ago," a source says. "It's been bothering her a lot lately so she had surgery to correct it and they had to go through her neck."

Twitter

@mindykaling
The hell of the modern dinner party is that interesting people never want to talk about themselves and boring people ask no questions.

@johncusack
well that instagram aint me don't even have an acount.



@ElizabethHurley
PS contrary to ludicrous reports, family, friends & followers, I am certainly not trying to have a baby..... mind boggling.

Hot 'n' Cold and fit all over

Katy Perry. The 28-year-old pop star's personal trainer, Harley Pasternak, tells Metro how she stays in shape

ROMINA MCGUINNESS
life@metronews.ca

She may have John Mayer, more than 42 million Twitter followers and endless chart records, but Katy Perry is just a regular gal who wants the same thing many women want: to look and feel great as quickly and safely as possible.

And here's how she does it. "Katy and I train together three times a week — a typical session will last up to 45 minutes. Every day is different, but we'll always start off with a five-minute cardio warm up, either on the elliptical or on a bike, followed by an upper body exercise, a lower body exercise and an abdominal exercise. We do repeat this sequence as a non-stop circuit a number of times before ending with a five-minute cardio cool down," Harley Pasternak, the star's trainer, tells Metro.

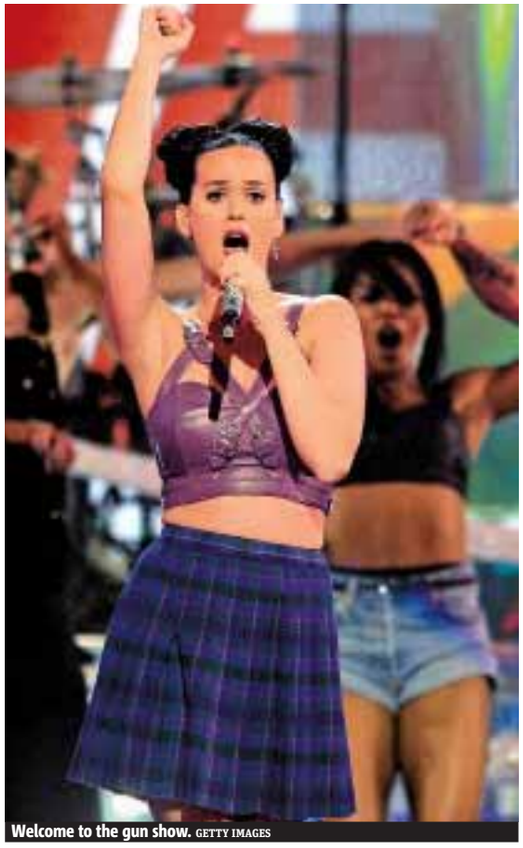
It's not only all about her presence and stamina on stage.

"People (not just the singer) are constantly rolling their shoulders forwards, whether that's because they've been sitting down for too long, texting or working in front of a computer. We really focus on trying to undo that and elongate the front of her body by working her upper back muscles (rhomboids) with things like cable and dumbbell rows. We also focus on her lower back with exercises like Superman and her hamstrings by doing stiff leg deadlifts. We'll also do tricep press-ups or dumbbell tricep extensions."

Work that body

"Every day is different, but we'll always start off with a five-minute cardio warm up."

Harley Pasternak
Katy Perry's trainer



Welcome to the gun show. GETTY IMAGES

The Perry diet

Her trainer makes sure Katy Perry eats five times a day — three meals and two snacks. Every time she eats there has to be a protein, a fibre and a healthy fat. This helps her feel full and boosts her metabolism

Breakfast

Red breakfast smoothie

Lunch

Salad with grilled chicken

Dinner

Shrimp stir-fry

Snack 1

Cut veggies with hummus

Snack 2

Air pop popcorn

Catch up on the news before your next stop.

metro
News worth sharing.

City of Regina | REGINA

Now available on Regina Transit.

Tomatoes, feta, corn and avocado go with the grain

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This grain salad is best either warm or at room temperature.

It's best to cut the avocado just before serving or squeeze lemon juice over top to prevent browning.

Brown rice is a whole grain filled with nutrients such as B vitamins, fibre and protein.

This recipe serves eight. ROSE REISMAN.

Ingredients

- 1 cup brown rice
- 3 cups water or chicken stock
- 1/2 tsp dried oregano
- 1/2 tsp ground cumin
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2 tsp crushed garlic
- 1 cup canned corn
- 2 cups grape tomatoes
- 2 cups canned and rinsed black beans (one 19 oz/540 ml can)
- 2 cups arugula
- 3/4 cup crumbled light (30% reduced) feta cheese (2 1/2 oz/75 g)
- 2 tbsp olive oil
- 3 tbsp lemon juice
- pinch of salt and pepper
- 1/3 cup chopped cilantro or parsley
- 1/2 cup diced avocados

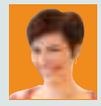
1. Add the rice to the water or stock with the oregano and cumin. Bring to a boil, cover and simmer for 25 to 30 minutes or until the rice is cooked. Drain any excess liquid. Set aside.

2. Meanwhile in a large skillet, add the oil and onion and sauté for 5 minutes until tender. Add the garlic and corn and sauté until the corn begins to brown. Add the tomatoes and cook until slightly charred (about 3 minutes).

3. Add the beans, arugula, feta, olive oil, lemon juice, salt and pepper, cilantro and rice. Heat just until warm. Add diced avocado.

Health Solutions

Getting corny



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Corn is a great source of fibre, lutein and zeaxanthin to protect your eyesight. Its sweet juiciness also lends itself well to all fall culinary flavours. Here are some creative ways to enjoy it.

• Cut short three-inch chunks and roll in extra virgin olive oil. Then, place into the oven at 375 F for 20 to 30 minutes, turning occasionally. These roasted husks are a beautiful addition to a chili or a side dish to grilled meat.

• Remove the silk and soak for an hour in cold water then place directly on the grill, turn often for 20 to 30 minutes. Remove husks and keep some of the inner leaves as garnish leaves or platter linings through the winter months to add a fresh flair. Store flat in freezer bags in the freezer. Eat corn as usual, rolled in butter.

• Cut from the cob raw and toss into a skillet with a pinch of smoked paprika and/or cayenne and a generous squeeze of lime juice. Add a dollop of butter and serve as a side dish with fish.

• Cut any leftover corn off the cob and stir with minced red onions and a vinaigrette. Use as relish.

• Scrape corn from the cob with a flat knife and reserve any "cream". Stir 1/2 cup corn with its cream with 1/2 cup Greek yogurt and 1/4 cup grated cheddar cheese with a dash of Worcestershire, pinch of oregano and a clove of minced garlic. Use as a bread spread or in wraps in place of mayo. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

Pepto-Bismol Chewables To-Go.
Chewables
The Power of
PEPTO
now in your pocket.
Relief of heartburn, indigestion, nausea, upset stomach and diarrhea. To make sure this product is right for you, always read and follow indications.
© Procter & Gamble, Inc., 2013 PHC-12284

Knowing what to teach kids about finances can be difficult, but a new educational tool can help parents tackle the subject. ISTOCK

Dollar Decision$ series helps you talk to kids about money

Education. Interactive tool shows teens about the consequences of their financial decisions

YOUR MONEY
Alison Griffiths
money@metronews.ca

Most parents would rather tackle sex education than financial education. Everyone with kids has some experience of the former but many lack confidence in their money skills. And even if one is pretty good with the bucks, knowing what to teach kids about finances and when to do it can be perplexing.

Then you get to the teen years when educating those little darlings about anything can be as difficult as rappelling without a rope.

Fortunately, there's help for parents of Gen Tech. Dollar Decision$, an interactive series just launched by the Investor Education Fund, is available at getsmarteraboutmoney.ca, and offers three engaging life situations to draw teens into thinking about financial issues.

Dollar Decision$ was rolled out to teachers this summer, but I think it is also an excellent tool for parents who want to encourage teens, not only to make smart financial decisions, but to think about the consequences of different roads taken.

For example, in the Laptop Liberty scenario, buying a new computer offers various options for arriving at the goal. Some leave money in the wallet; others end up resulting in a debt.

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms. I also like the links available, especially the Financial Goals Worksheet — a handy tool for any age. The worksheet gets kids thinking about financial goals, then creating a plan to achieve them.

And while you're at it, encourage teens to try their hand at the Credit IQ quiz link at the bottom of the Dollar Decision$ series. Even though a young person may be years away from getting their own credit card, learning how they work, and how they affect a credit score and one's ability to borrow, is vital information.

Continuing on the kids-and-money theme, there are still a couple of weeks left in the Credit Canada Debt Solutions annual essay contest. Visit cewc.ca. It's open to Grade 12 students with 25 prizes of up to $5,000 available. I'm a judge for the contest. Here's a tip — don't be afraid to expose yourself, and the funnier the better.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Coulda, woulda, shoulda

One of the best aspects of Dollar Decision$ is that it allows students to make less-than-ideal choices, then shows them the cost in dollar terms.

Check it out

- Dollar Decision$ is available at getsmarteraboutmoney.ca. The site is run by non-profit organization the Investor Education Fund, and it also contains information about a wide range of other financial topics.

Uniting to prove not evolving is a sin

Q&A. Transhumanists believe we can hack our bodies to become superhuman and a new generation of Mormons support them

KIERON MONKS
Metro World News

Science mixes with religion like oil and water, but Carl Youngblood, head of the Mormon Transhumanist Association, wants to bridge the gap. Youngblood is disliked by many traditional Christians and transhumanists — who believe technology will make us superhuman — but Youngblood believes that if everyone can stop squabbling there will be fabulous rewards.

What are the main points of unity between your faith and transhumanism?
I'm a Mormon and it is close to a scientific naturalist point of view, in that we ultimately believe there are physical explanations for everything, including miracles. We believe humans can progress from their current state to something more advanced.

What aspects of transhumanism are you most keen on?
I've always been a tech enthusiast since I played with computers as a kid. Ten years ago I read Ray Kurzweil's book on the Singularity, and started to become aware of the rate of change and progress. I began to think things could happen much sooner, and transhumanism has made mainstream the awareness of exponential change.

They want to resurrect the dead. Are you playing God?
There is a tension in entering some domains traditionally left to God. The prospect of indefinite life is threatening to people with a more traditional view, but I see it as reconcilable because of my collective view of a God that works through us and does not impose upon us.

So, who hates you more — the traditional Christians or the science geeks?
We're misunderstood by both sides: a lot of transhumanists are highly secular and cannot reconcile their ideas with religion and see it as a desecration of their goal. Traditional believers see us as heretics. But we're trying to bridge the gap and both sides stand to benefit. Also, transhumanists display religious behaviour in their culture.

Do you take part in the research and experiments? Would you be happy to be part mechanized?
There is not enough of this but we try to make inroads; fundraising for scientific research. We're supporting an exciting protein development project and another for DNA mixing.

Is it a sin not to evolve?
It's hurting ourselves. If we don't take hints from the universe we are punishing ourselves, rather than God.

Can religion & science unite?

"We're trying to bridge the gap and both sides stand to benefit."

Carl Youngblood of the Mormon Transhumanist Association.
On the association's divided beliefs

Carl Youngblood of the Mormon Transhumanist Association. HANDOUT

The Athletics' Stephen Vogt slides in safely to home plate during Oakland's 6-3 win over the Tigers on Monday at Comerica Park in Detroit. ROB CARR/GETTY IMAGES

Tigers on the run as A's go big in Game 3

MLB. Detroit on verge of elimination as Oakland powers up in Motor City

Turns out the Oakland Athletics don't need a brilliant pitching performance to beat Detroit.

They can outslug the Tigers too.

Brandon Moss, Josh Reddick and Seth Smith homered for the Athletics, who chased Anibal Sanchez in the fifth inning Monday and defeated the Tigers 6-3 for a 2-1 AL division series lead.

Moss broke a 3-3 tie in the fifth with a solo shot, and Smith's two-run drive later in the inning ended Sanchez's day. It was an impressive offensive show after the teams split two tense, low-scoring games in Oakland.

Game 3

A's	Tigers
6	3

The A's can close out the series Tuesday and reach the AL championship series for the first time since 2006. Oakland will send rookie Dan Straily to the mound against Detroit's Doug Fister.

"It was exciting for Brandon to get us on the board," Smith said. "It was nice to score some runs and get back on top there."

Sanchez, the American League's ERA leader, allowed six runs — five earned — in 4 1/3 innings. Smith has homered off Sanchez more than any other player, having now done it twice in the regular season and twice in the postseason.

There was activity in the Detroit bullpen before Smith's homer Monday, and he made the Tigers pay for sticking with the struggling Sanchez.

"Sometimes he starts out a little slow, you figure he's going to get it going," Detroit manager Jim Leyland said. "Today he just really didn't get it going. He made a couple of real bad pitches the last inning he was out there to Moss and Smith."

THE ASSOCIATED PRESS

Cardinals-Pirates NLDS

Rookie Michael Wacha took a no-hit bid into the eighth inning and the St. Louis Cardinals showed off their October poise, edging the Pittsburgh Pirates 2-1 Monday and setting up a winner-take-all Game 5 in the NL division series.

- The Cardinals improved to 7-1 over the last three years when facing elimination in the post-season.
- Pedro Alvarez hit his third home run of the series, connecting with one out in the eighth for Pittsburgh's only hit in Game 4.

At odds. Spin-o-rama not turning everyone's crank

Mason Raymond caused quite a stir with his spin-o-rama shootout move Saturday night.

The Toronto Maple Leafs winger scored on Craig Anderson, and the Ottawa Senators and others weren't sure if it should have been a goal after the joint NHL and Players' Association competition committee recommended making the 360-degree spin-o-rama illegal in shootouts over the summer.

During a recent conference call, however, NHL executive vice-president and director of hockey operations Colin Campbell clarified that such a goal could be taken back, but only "if 1) there is interference on the goaltender or 2) the puck stops completely or 3) their motion stops completely and/or reverses." THE CANADIAN PRESS

Early exit. Flyers fire head coach Laviolette

The Philadelphia Flyers fired coach Peter Laviolette after an 0-3 start and a pre-season vote of confidence from ownership.

The move came Monday, less than a day after Philadelphia lost 2-1 to Carolina.

Assistant Craig Berube will take over as coach. He is the Flyers' 18th coach in team history. THE ASSOCIATED PRESS

Quoted

"Nobody shined. Nobody looked good. I couldn't point to one thing that I thought was a positive."

Flyers chairman Ed Snider believes the team's current woes originated from an unspectacular training camp.

CFL

'Rental' of Hall signals Riders are all-in for 2013

The acquisition of standout defensive end Alex Hall from the Winnipeg Blue Bombers on Sunday offers an opportunity to bolster an already strong Saskatchewan Roughriders lineup for a championship drive, says general manger Brendan Taman.

Speaking to reporters Monday at Mosaic Stadium, Taman said calling the Hall trade a "rental" move was a "good analogy," noting these sorts of deals happen more frequently in the NHL.

"It's something we wanted to open our options to do whatever we could for this football team," he said. "It's very rare that it happens in our league, sometimes they work in hockey, sometimes they don't."

"Hopefully, this works for us."

Taman stressed that the acquisition did not signal some concerns with the team's defensive core but rather was about nabbing a stellar player, who currently leads the league in sacks.

"We wanted to have the three best guys we can have in a rotation," he said. "It's nothing to do with John (Chick) and Ricky (Foley) — it's more about what Alex brings."

The Riders also received a second-round pick in 2014, while dealing non-import offensive lineman Patrick Neufeld and a fourth-round pick in the 2015 draft to the Bombers.

Taman said he repeatedly refused to add Neufeld to the deal before eventually making the difficult decision to part ways with the Regina native.

"We kept saying no to that part of the equation," Taman said. "But ultimately it's what was best for us."

MARCO VIGLIOTTI/METRO

Alex Hall, seen tackling Riders QB Darian Durant on Sept. 8, was acquired by the Riders on Sunday. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You may not want to make sacrifices but if you don't make them willingly now, the planets will force them on you later on. Financially, you really do need to get your house in order. Find ways to make savings.

♉ Taurus
April 21 - May 21
If you recently embarked on a plan or project, you must see it through to the end. Don't use other commitments as an excuse to avoid what you know must be done. Stick with it.

♊ Gemini
May 22 - June 21
Even if you are happy, there are still things you can change to make life run smoother. Think about it and act decisively around the time of next week's lunar eclipse.

♋ Cancer
June 22 - July 23
Putting emotions into words can be hard and you are aware that a loved one is having difficulty explaining their feelings. Make it easy for them by revealing your own first.

♌ Leo
July 24 - Aug. 23
Your heart may not be in what you have to do but if you knuckle down and make an effort, the planets will make sure your day is productive if not inspiring. One out of two is not a bad score.

♍ Virgo
Aug. 24 - Sept. 23
You know what you want to do, so do it. Yes, most likely someone you live or work with will give you a hard time but you are tough enough to take it. Don't let their negativity discourage you.

♎ Libra
Sept. 24 - Oct. 23
You may have a high regard for the truth but speaking your mind too bluntly could get you in a whole lot of trouble. The facts will come to the surface sooner or later anyway. You don't need to force them.

♏ Scorpio
Oct. 24 - Nov. 22
With mind planet Mercury linked to Saturn in your sign, you may be a bit pessimistic today. There's really no need. Overall, your outlook is extremely good so stop worrying and start having fun.

♐ Sagittarius
Nov. 23 - Dec. 21
Make sure you know what you are getting into before joining forces with people whose motives are a mystery. Most likely there is nothing to worry about but it pays to be sure.

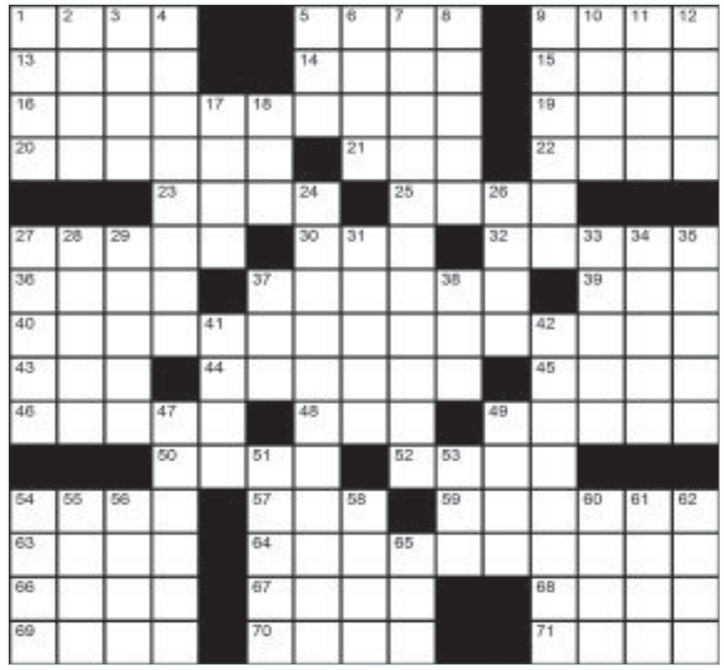
♑ Capricorn
Dec. 22 - Jan. 20
You have no illusions about what needs to be done, so do it. The course you have chosen may be difficult, but you know it's the sensible option. Others may not agree.

♒ Aquarius
Jan. 21 - Feb. 19
No matter how tough life gets in the next few days, tell yourself that in the greater scheme of things everything will work out fine. Faith is a powerful force, sometimes even more powerful than facts.

♓ Pisces
Feb. 20 - March 20
Subtle changes in your environment will be missed by most but your sensitive nature will latch on to them. Don't fear. They are changes for the better. SALLY BROMPTON

Crossword: Canada Across and Down

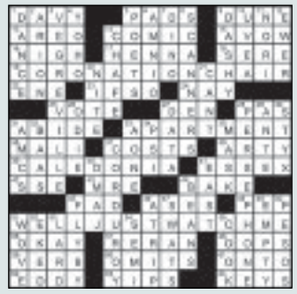
See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN



Across
1. Soup sort
5. Cuts lumber
9. Mr. Werner, "Canadian Idol" judge
13. Deity worshipped in ancient Thebes, variantly
14. "This __ __..." (Man's phone reply)
15. Bounce back
16. This-time-of-year dessert: 2 wds.
19. Lead-in to 'fall' (Slapstick maneuver)
20. Songstress Britney
21. "Vasoline" gr.
22. Mariah Carey hit
23. Ms. Turner
25. Catch sight of
27. Painter Emily, and others
30. Superman's alter ego ...his initials-sharers
32. Remove pencil
36. Prefix that means 'Mars'
37. ID on a forensics type of TV show: 2 wds.
39. Jazz style
40. Stockpiling rivalry during the Cold War: 3 wds.
43. __ Dhabi
44. Disney mouse
45. Land-on-water
46. Workshop machine
48. Dinner, informally
49. __ and pains
50. Baghdad's locale
52. Waistcloth
54. Closed
57. Couplet
59. Classic book character Mr. Gulliver
63. "Cheers" patron
64. Juno-winning singer/songwriter, Alfie __
66. Golden gymnast Ms. Korbut
67. 'Photosynth' suffix
68. Puck-placement places
69. "__ here long?"
70. Famous concert stadium for The Beatles
71. "Darn it!"

Down
1. Road trip guides
2. "__ __ to my ears in work!"
3. Roughly
4. Soldier's status sometimes: 2 wds.
5. "__ City" (2005)
6. Ancient Egypt symbols
7. Crest products
8. Permeates
9. "__ in the sky at night I wonder..." - Madonna, "Ray of Light"
10. Land amount
11. Arctic __ (Type of fish)
12. Stringed instrument of Japan
17. Kim's momager
18. Q. "__ '_' the 14th letter?" A. "Yes."
24. Fall cooking ingredient: 2 wds.
26. Clothesline clingers
27. Passageway for boats
28. Place listed in The Beach Boys song "Kokomo"
29. Trim again
31. Mr. Reeves
33. Embarrass
34. Architectural base, as for a column
35. Foil-like weapons
37. Cocktail, Mai __
38. Soul, in Paris
41. 911-calling reason, for short
42. British Columbia city
47. Wrestling legend from Alberta, Bret '__' Hart
49. "Wait just ___!"
51. Carpentry tools
53. American state, for short
54. Highbrow
55. Golf course 'opening'
56. Encourage
58. Sheriff Taylor's son
60. __-friendly
61. Ms. James
62. Hold up
65. Pro bono TV spot [acronym]

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

6	4	8	9	7	5	1	2	3
3	9	2	8	4	1	7	5	6
5	7	1	2	6	3	8	4	9
9	1	4	6	2	7	5	3	8
7	6	5	4	3	8	9	1	2
2	8	3	5	1	9	6	7	4
4	2	7	1	8	6	3	9	5
1	5	6	3	9	4	2	8	7
8	3	9	7	5	2	4	6	1

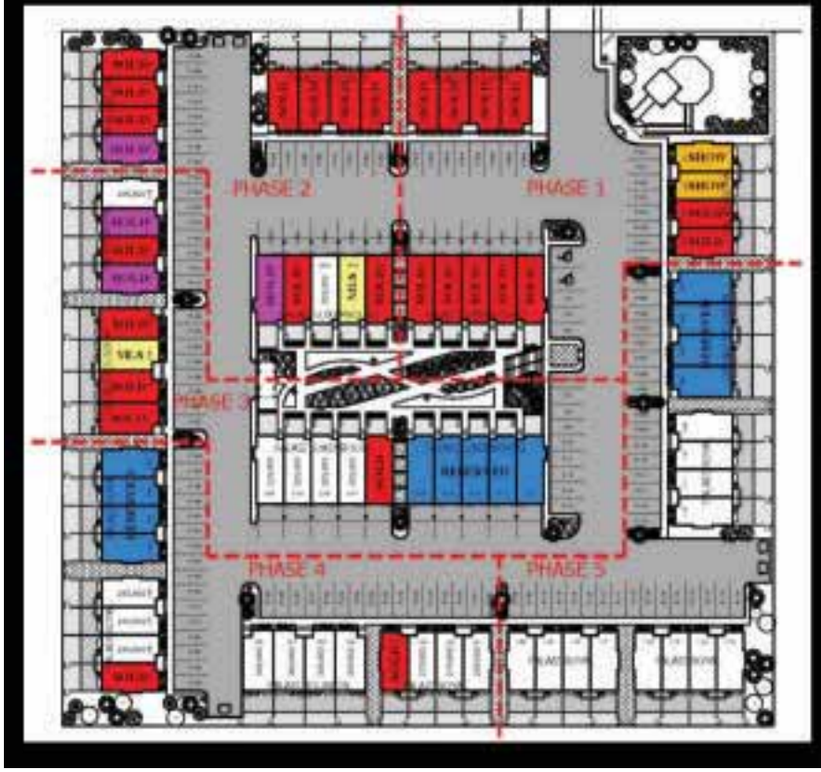
visit metronews.ca

metro

BORDEAUX
HAWKSTONE

TWO AND THREE
BEDROOM TOWNHOMES

STARTING AT **$279,900**



FOR MORE INFORMATION

PEKARBILT
HOMES AND COMMERCIAL

Call: 306-347-5600

facebook.com - Bordeaux in Hawkstone

www.BordeauxCondo.ca

BORDEAUX IN HAWKSTONE

NOW SELLING
PHASE 4